

5 aerial yoga
tutorials

aerial yoga
& **menopause**

aerial yoga
& **back pain**



July 2021

namaste -
**60+ alternatives
to end a class**

**5 best aerial
books** in 2021

DISCOUNTS INSIDE



 @aerialyogamagazine



Edito

If you are reading this magazine, it means that you made a subscription to receive it every month, and I can't be more thankful to have your support! Thank you for being part of this family! It means the world to me to know that you like and support my work and the work of all our contributors each month. THANK YOU!

As you know, Aerial Yoga is directly linked to yoga which means a balanced healthy lifestyle.

So, from now on, you will find in every edition healthy recipes, holistic approach articles, yoga tips and sequences, and a lot more. I want this magazine to provide you all you need for Aerial Yoga, but not only.

I hope you will like it.
Yours, truly.

Camille.

Content

”

I didn't know how to do it. I still always felt myself running around chasing my dreams for someone else...

”

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Aerial Yoga

is directly linked to yoga which means a balanced healthy lifestyle

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Flash On with @lindsaynova



CAN YOU INTRODUCE YOURSELF ?

I am Lindsay Nova, a world-traveling yogini, aerial yoga teacher, and the creator of the Rising Wings Aerial Yoga method and Samanova Yoga School. I've studied dance, aerial, and yoga most of my life, so sharing it with the world through teaching and online courses comes naturally for me. I have currently been living in Mysore, India for the last year and a half, although I grew up in Tampa, Florida.

WHEN WAS THE DAY YOU KNEW YOU WANTED TO BECOME AN AERIAL YOGA TEACHER?

I started traveling the world in 2016 and never looked back. In 2017, I was working at a studio in Costa Rica when a few aerial yoga teacher training came through and I knew that was what I wanted to do, too.

CAN YOU SHARE YOUR JOURNEY WITH US?

My parents put me in dance class when I was 4 years old and I grew up a rather shy child but felt I could express myself creatively through my body. At the age of 14, I then ruptured my ACL and had knee surgery. It was a traumatizing experience to have what I loved taken away from me- but I fought- and have always continued to fight for what I love. I started at a performing arts high school while I rehabilitated and my teachers saw a creative spark in me. They encouraged me to go to a summer workshop in Miami where I was introduced to the dance trapeze.

” I didn't know how to do it. I still always felt myself running around chasing my dreams for someone else... ”

I'll never forget the first moment hanging upside-down by my knees 1 year later after surgery- and I was hooked! I found yoga 1 year later at another summer dance intensive and continued aerial throughout high school. I then completed my BFA in dance, Pilates certification, and first 200-hour yoga teacher certification by the time I was 24 and after some years away from aerial arts, I picked it back up with Lyra and aerial silks. I trained intensively for several years, performing throughout the US and Central America before I suffered a shoulder injury while performing in San Francisco.

I had been teaching yoga, aerial, dance, and Pilates for around 10 years at this point and knew I always wanted to create courses but I didn't know how to do it. I still always felt myself running around chasing my dreams for someone else.

So I started traveling the globe, teaching at different resorts, and building these relationships with them. And then I found aerial yoga, which greatly helped heal my shoulder. I traveled with silks and a hammock and hung them where ever I could, using them to heal myself and teach others. Along my travels, I always studied and trained with as many teachers as I could.

After some time, I finally decided to create my own aerial yoga method, Rising Wings Aerial Yoga, which has been taught in 7 countries on 4 continents and has developed Foundations, Advanced, and Restorative courses, now also available online. I also run 200/300/500-hour Yoga Alliance teacher training through my school Samanova Yoga.

CAN YOU SHARE A PRACTICAL AERIAL YOGI TIP TO INTEGRATE INTO YOUR DAILY LIFE?

If you want to do aerial yoga anywhere in the world, you can do it! Follow your passions and they will become your life.

”

I didn't know how to do it. I still always felt myself running around chasing my dreams for someone else...

”

WHAT WERE YOUR STRUGGLES AND WHAT DID YOU ENJOY THE MOST ALONG THE WAY?

Oh, the struggles and the joys that nomadic aerial life can bring! First, I will say, that I have always been a self-made entrepreneur selling things online since I was a teenager. But no one taught me how to make a revolution in the global aerial yoga world through teacher training. I had to figure it out for myself!

So I would say marketing without a budget was always a gamble and in the beginning, sometimes my courses only had 3 people! But also, in a way, I look back at those days and cherish the intimate moments. Other times there were circumstances completely out of my control when I booked to teach my first Vinyasa/Aerial combined program in Sri Lanka- terrorist attacks happened in the country right before the event, which put the country into lockdown and I had several cancellations. Of course, similar things happened when the pandemic lockdowns began in 2020. I was scheduled to teach on my favorite island Koh Phangan in Thailand and had an entire world tour planned, but it was completely nixed and I decided to stay in Southern India mainly to practice Ashtanga but also took a 12-day aerial hammock course in Goa while living here.

I truly loved running my training at amazing destinations around the world and I know they offered something special for each person. Every morning we would have class and in the afternoon do workshops in partner aerial, flips & tricks, restorative, and more. One of the best things is that many of my students have become my friends, continued to study with me and some even teach for me now as my business has expanded! I can't wait to run in-person retreats again once the world normalizes a bit more. Really what made my retreats so unique is that I found some of the most incredible outdoor yoga shalas in the world from Bali to Greece to make anyone truly feel like a blissful aerial yogi!





I KNOW YOU WROTE A RESTORATIVE AERIAL YOGA MANUAL, CAN YOU LET US KNOW MORE ABOUT IT?

Yes, I recently created the new Rising Wings Restorative Aerial Yoga Manual, which is available for purchase in my online shop. I had all new photos created at a historic hotel here in Mysore and included sections on restorative yoga, yin yoga, the meridians from Chinese Medicine, and essential oils. We also filmed all the tutorials for the online course at the same location and it's definitely one of my favorite courses I offer!

WHAT OTHER PASSION DO YOU HAVE?

I came to Mysore, India at the beginning of 2020 just to practice Ashtanga for 3 months because in 2019 I was in a different country every month and the jet-setting lifestyle was wearing me out and getting expensive carrying all my hammocks around.

I also wanted to work on my flexibility in a different way, without the pulling strength of aerial, which had overdeveloped my shoulder muscles for years. I had always wanted to come to Mysore but never thought I would get stuck here! It actually turned out perfect, because I had already planned to create my first aerial yoga online course, and with my world tour canceled, suddenly I had time to edit it and began teaching online. My first online teacher training I called Oracle Yin Yoga and I've since expanded to create vinyasa courses, meditation, pranayama, yoga Nidra, chakras, and more aerial yoga courses online.

So, you could say, I love to create! I also import clothing (now just from India) and in the past have created my own jewelry and clothing collection in Sri Lanka, both of which I sell

online on Etsy under SoulbyLindsayNova.

I also love writing, hence why I've been able to write many manuals for my courses, but also I've been a yoga/wellness writer on the side to supplement my income for about 5 years. Some of my clients include Yogapedia and Uplift Active, which sells aerial gear.

I also love to hula hoop and fire dance, but I left all my fire stuff in Thailand before I came to India so it's been a while!

TO FINISH, DO YOU WANT TO SHARE SOMETHING WITH OUR COMMUNITY?

It's been really amazing to watch the aerial yoga community grow worldwide over the last few years (I started my programs in 2018) and it's an honor to be a part of it! If you have a dream go for it- no one's holding you back except for yourself! Remember how good it feels to sway in the hammock or accomplish that move you've been working on for so long and let that inspire you and guide you into the best version of yourself, whether you're an aerialist, teacher, student, trainer, etc.

” I didn't know how to do it. I still always felt myself running around chasing my dreams for someone else... ”

My website is www.lindsaynova.com

tutorial

Aerial sequences & tutorials

ay



written by

Mafalda Almeida

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FORWARD ENTRY UPSIDE DOWN:

Place the swing at the hip's flexor and once upside-down bend your knees and place them at the level of your hips (not above). The swing will slide a bit towards your upper thigh so the sensation will be more agreeable (to avoid squeezing your hip).



UPSIDE DOWN TWIST / SUPTA MATSYENDRASANA VARIATION:

Keep the hips neutral and twist from the waist below placing the hand in front on the opposite knee, the hand behind can rest on your lower back.



EXTENDED HAND TO BIG TOE / UTTHITA HASTA PADANGUSTHASANA:

Place one ankle on the swing, keep both hips parallel and on top of the heel on the floor. Hands holding the swing, elbows pointing down, pull the swing towards you, dorsiflex the foot on the swing, and travel with your chest forward. Do both legs.

written by

Karlene Linxweiler

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Namaste 60+ options

for confidently ending your yoga classes



NAMASTE.

*Do you say it to end a yoga class?
Namaste has become a signifier of the end
of a yoga class. It has a beautiful meaning.*

I find this beautiful, as I often do when studying the intricacies and layers of Sanskrit's meaning because the I or ego is completely absent. To me, this enlivens how in namaste, the energy, or essence of revering, bowing, and adoring is all there is. Namaste is a state or way of being. And perhaps as diaphanous and aspirational a goal as yoga itself.

” So, should you use namaste to end class? Let's explore with open minds and hearts.

”

Recently, I recorded some of my many thoughts about this along with my colleague Rina Deshpande for Yoga Journal. Rina and I share our thoughts here. The video has over 44,000 views and hundreds of comments. I'd love to invite you into the conversation and I've got a challenge for you at the end of this letter! I am here, as I often do, to not give absolute answers but to ask you questions to inspire the yogic practice of Vichāra - critical thinking. In my own personal experience living in India or with my elders and family here in the U.S., «Namaste» or «Namaskar» is said when I meet and greet an elder. Not when I leave. It honestly feels rather formal. So it feels strange to say it at the end of class for me personally. Though I certainly have done it. I usually don't know.

WHY NOT? I NOTICE THAT IT'S BECOME A SIGNIFIER, A GLAMORIZING OF EASTERN CULTURE.

To use «Namaste» telegraphs our positionality as a teacher. Something like using the exoticism of a foreign word connotes «I, the wise yoga teacher, am now importing some wisdom to you.»

Or sometimes, when we want to signal «class is over, y'all can go» in so many spiritual-sounding words... it's an easy way to get you out the door.

Also, though I've often been corrected by popular western yoga teachers, it's actually pronounced more like «na-muh-steh,» with the emphasis on the second syllable, by my Indian family and teachers. Not "nam-ah-staaay" with the emphasis on the third syllable, like we often hear sing-songed at the end of yoga classes. Namaste dates back to Old Sanskrit, the language of Yoga, Ayurveda, and the Vedas were spoken and written in.

Namaste has become a signifier of the end of a yoga class. It has a beautiful meaning. Literally practiced and translated, it means «bow to you» and is a greeting of respect.

” **DID YOU KNOW ?**
«namas» (i.e., namah) = reverence, adoration, salutation, bowing
«te» [...] = to you
namas-te is the thus reverence/salutations to you (i.e., the person you are greeting). ”

SO SHOULD YOU SAY IT TO THE END YOUR YOGA CLASSES?

Consider that the alternative to appropriation is often creativity. So I invite and challenge both myself and you to get creative.

- Why do you say namaste, if you say it?
- Are you honoring the culture and pronouncing it correctly?
- Are you attached to it? If so, why?
- Is there another way to convey the same resonance, beauty, wisdom?

Now let me be clear. You don't have to change anything. This is an invitation to explore how you might creatively convey the feeling + message you wish to in your voice!

As we are exploring, the alternative to cultural appropriation can often be creativity. Keep in mind that just because we benefit from something, doesn't make it ours to do what we want with!

So let's explore and get curious and creative! I've started a creative process – and I gathered my own and many wonderful suggestions into a PDF document with 60+ alternatives to ending a class. I hope you'll find this useful and inspiring.

Together, they create a beautiful bouquet of wishes for the closing of a class. And with that, here's to our lovely alternatives you so creatively imagine. I'd love to hear what you think and if you have new thoughts on closing class. Keep the ideas coming and the practice deepening!

Remember, this is a no-judgment zone. That's how brainstorming works!

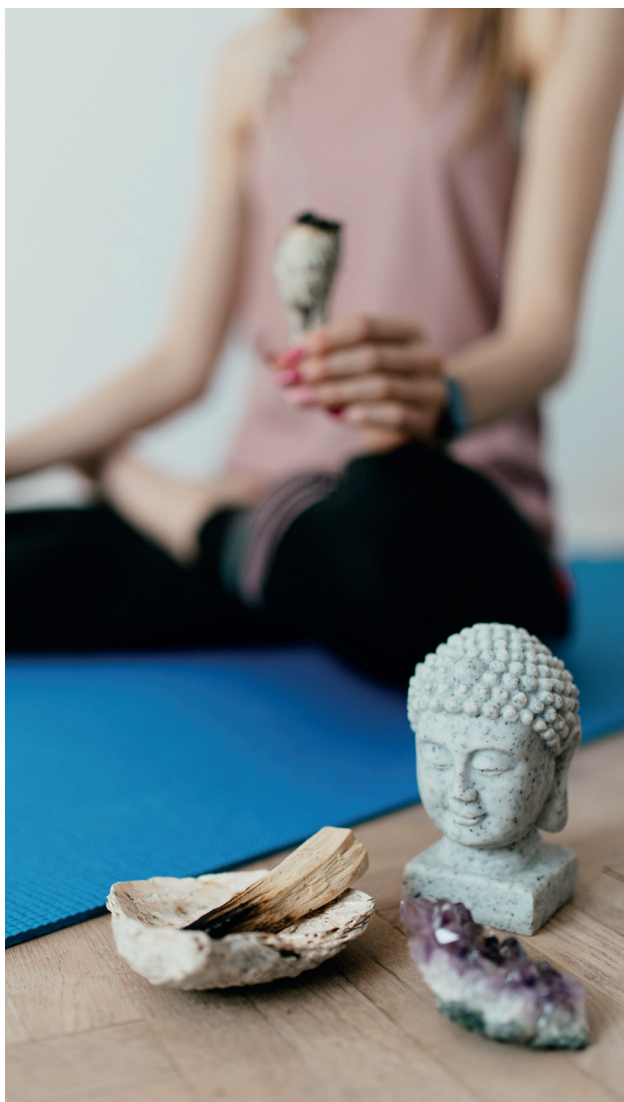


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5 bests in 2021 aerial books

ay



HERE ARE OUR PICKS FOR THE BEST AERIAL YOGA BOOKS FOR SALE AT THE MOMENT

1 APPLIED ANATOMY OF AERIAL ARTS: AN ILLUSTRATED GUIDE TO STRENGTH, FLEXIBILITY, TRAINING, AND INJURY PREVENTION

This is a must-have book for any aerialist who practices any aerial discipline. It's perfect for you if you practice (or you're interested in) trapeze, aerial silks, aerial yoga, and other aerial arts.

2 AERIAL YOGA CONDITIONING MANUAL

This manual is written by Cassandra Ferguson, an experienced certified yoga instructor and it's aimed at aerialists and yoginis of all levels. It contains over 60 exercises with step-by-step instructions, all the exercises focused on balance, alignment, breathe, movement and safety.

3 THE AERIAL YOGA MANUAL VOL. 1 & VOL. 2

This is a spiral-bound manual with over 300 illustrated pages detailing different poses. It's perfect for both students and instructors who are serious about learning aerial yoga.

4 AERIAL PHYSIQUE FIT: GAIN THE STRENGTH OF A CIRQUE PERFORMER, THE LEGS OF A BALLET DANCER, AND THE ABS OF A PILATES PRO

Aerial Physique FIT is a great conditioning workout book that you can use to compliment your aerialist training. It's important to get variety in your workouts and this book will help you achieve that.

Each chapter focuses on a different area of the body to achieve amazing overall results that will benefit your aerial yoga progress too!

5 SOARING WITH THE SOUL: AN AERIAL YOGA GUIDE (FIRST EDITION)

This book is primarily aimed at instructors, but students will find this useful as well. In fact, this is the perfect type of book to have in the lobby of a yoga studio! It's a breathtakingly beautifully illustrated guide full of photographs in vibrant, vivid colors.

healthy recipes

Home cook healthy day



written by

Jardine Ong
@yogawithjardine

Warm lentil salad ay



” This fresh and vibrant salad makes use of tinned lentils, a store cupboard staple. The result is filling, low-fat and contains all of your five-a-day. ”

STUFF YOU NEED

- Lentils,
- Feta Cheese,
- Bell Peppers (Green, Yellow & Red),
- Onions,
- Oregano Leaves,
- Baby Spinach

DRESSING

- Apple Cider Vinegar

HOW TO PREP

1 Boil the lentils (1 cup = 3 cups water),

2 cook the bell peppers and onions with 1-2 tsbp extra virgin olive oil

3 Line a platter, salad plates or wide bowls with arugula. Serve warm.

Add extra flavour, bulk and texture to your salads with a serving of lentils. Combine this storecupboard pulse with plenty of veg and protein for a nutritious lunch or side.

Lentils and vinegar also marry well. The key here is to add the dressing while the lentils are still warm, even if you don't plan on serving the salad warm.

I spoon the mixture onto a bed of wild arugula, though regular will do if you can't find the sharper tasting, wispy wild variety.

But in the middle of dripping rain, closed shops, and terrible hotel wifi, our fortunes turned glowing. The reason, of course, was food, and a hospitable table spread with the comforting food of the South of France: terrines, dark soup, good bread, and a perfect lentil salad.

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Yoga is supporting menopausal ay

HOW YOGA IS SUPPORTING MENOPAUSAL WOMEN AROUND THE WORLD TO THRIVE

Cape Town-based Yin, Vinyassa & Aerial Yoga teacher, Josie Laurie, took up yoga 7 years ago to help her with her depression. 'After my first class, I was hooked,' she confesses. 'I was left with a sense of profound joy, peace, and belonging that I'd never experienced before. Over time, a deep recognition of my true self arose. I grabbed onto this feeling like a life-raft, signed up for teacher training, and never looked back.'

Josie continues: 'Yoga taught me to quieten the mind, and to be present with what is. I learned the importance of breath and meditation to support the psyche and nervous system. If anxiety and depression are best friends, then so are the breath and yoga. I discovered it was OK to let things be as they are, and to bring to peace unconscious patterns wanting to be in control. Finally, after a lifetime of finding myself unbearable, I tentatively started to quite like myself! Through the holistic practice of yoga, I was able to nurture a primary relationship with myself, and this has had a positive effect on every other relationship in my life.'

” Finally, after a lifetime of finding myself unbearable, I tentatively started to quite like myself! ”





As a single mother who raised 4 children on her own, Josie recognizes the challenges many women encounter when faced simultaneously with empty nest syndrome and menopause. This 'change of life' constitutes a window of vulnerability during which wild mood swings, body dysmorphia, and a loss of identity can result in fairly severe psychiatric and physical disorders.

However, it can equally be a threshold for liberation where, for the first time since adolescence, women may live more vibrantly and fully than when they were preoccupied with nurturing partners, children, and businesses.

'In my view, yoga is beneficial for all ages. However, I'm particularly passionate about connecting with women of my own age. We may act all tough and successful on the outside, but secretly most of us are struggling on the inside. In the blink of an eye, our children have grown up and left home. We feel stripped of our purpose, nobody seems to need or see us anymore. We can get caught up dwelling in the past. On top of that, our hormones are all over the place, our bodies are changing rapidly, and we are advised to have regular mammograms and Pap smears. We question whether we've lived on purpose and achieved anything meaningful in our lives, and we may feel scared of getting old. In my case, I suddenly felt invisible, and to make matters worse I put on 6kg around my belly and developed batwings under my arms. It's a bitch if you let it be,' says Josie with a twinkle in her eye.

'I wanted to find a style of yoga best suited to support peri-menopausal and menopausal women, and that's when I discovered Aerial

Yoga. It's fun, exciting, and a unique way to gain strength and flexibility. I love the way the aerial silk fully supports us to get into poses we may be unable to achieve on the mat. I adore the playfulness and sense of achievement we get when we've mastered a new flip or trick. So if you want a play date with your inner child, then Aerial Yoga is for you,' she says.

At Josie's studio, A Little Bit of Yoga, the classes are conducted with a sense of humor. Keeping it real and being authentic is Josie's way of demonstrating love and respect for her clients. It allows them to feel less intimidated and at ease with her, and each class has the atmosphere of a group of good girlfriends practicing yoga together ~ which is what it is. It's a space to rediscover ~ maybe even re-invent ~ oneself, and feel happy, with the fabulous by-product of getting fit and flexible. Negative emotions are replaced with gratitude for our strong, healthy bodies and minds. Josie's clients attest to this and are best articulated through one of her earliest clients: 'I have improved my strength, balance, and flexibility. My arthritic symptoms, like tender swollen joints and back pain, have eased. But most significantly, there has been an increase in my mental and physical energy. I'm a happier calmer person because of my daily yoga practice. Through Josie's classes, I've met amazing women, and several have become my closest and most trusted friends.'

The classes begin with the breath, then progress to strength and stretching asanas, with a focus on strengthening the abs and biceps. There is also a very playful element involving

”
‘In my view, yoga is beneficial for all ages. I’m particularly passionate about connecting with women of my own age.’ ”

” ‘Josie’s yoga gives me a sense of equilibrium. If I miss classes I feel out of sorts. If start out stiff, afterward I feel relaxed.

”

many hilarious moments learning new flips and tricks whilst being totally present and absorbed in having fun. Ending in Savasana in an aerial yoga hammock is true bliss. Nothing can compare to the profound relaxation it evokes.

The benefit of a regular yoga practice has exploded since lockdown, because anyone with an internet connection living anywhere in the world, can access classes being offered from anywhere in the world. Says Josie, ‘Although technology is scary, I had no choice but to master the art of Zoom and fast! I made sure I never missed a class by rallying my existing clients to download Zoom. Most did, and our classes carried on as usual, but in a different way.

Teaching yoga online is not the same as in person, but every cloud has a silver lining, and mine is the way it’s given me access to a global audience. I’m in awe of how I’m now able to reach women globally, and even though I’ve never met some of my clients in real life, I still feel a very deep connection to them.

Furthermore, I feel practicing yoga from home encourages my clients to make the practice their own. I encourage them to use anything they can get their hands on as props, to

suit their needs ~ such as cushions, books, blankets, etc. We have kids popping in and out; pets joining in ~ we even have a squirrel that joins us on occasion! You can wear what you want and some join in their PJs! Also, if you feel self-conscious, you can turn off your camera.’ Josie offers a great variety of classes all under one studio and/or Zoom code. Vigorous Vinyassa and Sculpt in the morning, Aerial during the day, and gentle Yin in the early evenings. She also offers private classes and Aerial Yoga for kids.

One of Josie’s yogis, Nelly November, says, ‘I guess the reason why I never really considered yoga before was that I didn’t think I looked the part...there’s definitely a typical yogi body, and I believed I was far from it. However, since I’ve started I’ve realized it’s a beautiful embodied spiritual practice, and so much more than just keeping up with the idealized yogi body. For me, it’s become a way of life.’

Another says, ‘Josie’s yoga gives me a sense of equilibrium. If I miss classes I feel out of sorts. If start out stiff, afterward I feel relaxed. If I begin feeling tired, afterward I feel invigorated. It’s given me a weekly mind-body routine, and has kept me sane within my four walls.’



Student Josie: Instagram
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@anjana.rathores

@pilu_yoga

@yogawithjardine

@siriamallamo

@psyogielaide

@airyogagirl

@silklinessbalance

@aerialyogawarrior

@sillyyogagirl

@ndiyoaerials

@butterflyeffectaerialyoga

@soulsurfyoga



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